

Strawberry Salad with Poppy Seed Dressing

Ingredients:

- 3 tbsp sugar
- 3 tbsp light mayonnaise
- 2 tbsp fat-free milk
- 1 tbsp poppy seeds
- 1 tbsp white wine vinegar
- 1 (10-ounce) bag romaine lettuce
- 1 cup sliced strawberries
- 2 tbsp slivered almonds, toasted



Directions:

Combine first 5 ingredients in a small bowl, stirring with a whisk.

Place lettuce in a large bowl; add strawberries, and almonds, tossing to combine. Divide salad evenly among 6 plates. Drizzle 1 tbsp dressing over each serving.

Calories 78 (35% fat); Fat 3.3g; protein 1.8g; carbohydrates 11.5g; fiber 1.8g; Cholesterol 2mg; iron 0.8mg; sodium 45mg; calcium 53mg.

Cooking Light

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1036073